

DEVELOPING SCHOOL POLICIES FOR POOR AIR QUALITY DAYS

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DEVELOPING AN ASTHMA PROGRAM IN A SCHOOL DISTRICT

- Help children with asthma and their families manage asthma
- Identify children with uncontrolled asthma
- Teach staff, students and families about asthma
- Keep the environment clear of asthma provoking substances

BENEFITS OF A COMPREHENSIVE ASTHMA MANAGEMENT PLAN

- Development of supportive learning environment
- Reduced absences
- Reduced classroom interruptions
- Increased active participation of students in academic and physical education
- Quick access to appropriate emergency care

WHAT YOU NEED TO CONSIDER

- **Assessment and management of asthma needs**
 - Development of individualized asthma action plans for identified students
 - Medications at school
- **Indoor environmental control in the school**
- **Outdoor air quality communication and management of students**
- **Education**

ASSESSMENT and MANAGEMENT

- Individual students
- Individual schools
- Development of individualized asthma action plans
- Access to medications

INDOOR AIR QUALITY

- *Tools for Schools Action Kit*

Low cost solutions for controlling indoor air quality and recommendations for building new facilities

AIR QUALITY INDEX

- Sources of information
 - Spare the Air Advisories – www.sparetheair.com
 - Health Advisory Notices – www.sparetheair.com
 - Allergy Alerts – www.pollen.com
 - Heat Indices
- Method of communication of information
 - Local Air District to School Site Principals to Staff Members, Teachers, Coaches, After School Programs, Students via internet
- Modification of physical activity plans

EDUCATION

- Individual students with diagnosis of asthma
- In-service education for all district staff (including transportation services) about asthma in general
- Special training for unlicensed assistive personnel responsible for medication administration and emergency care in the absence of a school nurse

POLICY DEVELOPMENT SHOULD ADDRESS

Removing barriers to a comprehensive
asthma program

- Communication with parents, providers
- Utilization of instructional minutes
- Confidentiality issues
- Cultural/language differences
- Budget constraints

COORDINATED SCHOOL HEALTH PROGRAM ASTHMA STRATEGIES

- Establish management and support systems for asthma friendly schools
- Provide appropriate school health and mental health services for students with asthma
- Provide asthma education and awareness programs for students and school staff
- Provide a safe, enjoyable physical education and activity opportunities for all students
- Coordinate efforts to better manage asthma symptoms and reduce school absences



Suggested Citation

Centers for Disease Control and Prevention. *Strategies for Addressing Asthma Within a Coordinated School Health Program*. Atlanta, Georgia: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, 2002. Available at www.cdc.gov/healthyyouth/healthtopics/asthma

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